

## Yoga Course Schedule (200 hour course)

Date	Topic	Category	Teacher	Hours
1	1. Registration and induction	Administration	Mike Cragg (MC)	2
	2. Background of Yoga and history of Yoga	Philosophy	Frank Perry (FP)	3
	3. Introduction to teaching – teaching styles	Teaching	MC	3
	4. “A balanced class” – sequencing and counterpose	Practice	Angela Walker (AW)	3
	5. A&P – surface anatomy of the body – describing the body	AP	MC	2
2	1. Learning and teaching styles	Teaching	MC	3
	2. Warming up and limbering	Practice	FP	3
	3. A&P - Structural and postural analysis	AP/teaching	FP	1
	4. Standing Asanas I	Practice	AW	3
	5. Mantras	Practice	AW	2
	<b>WRITTEN ASSIGNMENT 1 (1000-2000 words) “ Why were you drawn to Yoga AND why do you think Yoga is relevant in the modern World”</b>	Philosophy	ALL TEACHERS TO MARK WRITTEN ANSWERS	6
3	1. Dog pose and neutral poses	Practice	FP	3
	2. Standing asanas II	Practice	MC	3
	3. Relaxation methods I	Practice	AW	2
	4. Teaching studies – the art of observation	Teaching	MC	2
	5. Chanting	Practice	FP	2
4	1. Teaching studies - the art of demonstration	Teaching	MC	3
	2. Adjusting students I	Teaching	FP	2
	3. Breath observation and sitting for breathing	Practice	AW	3

	4. A&P – the muscular skeletal system	AP	FP	2
	5. Seated asanas and resting asanas	Practice	AW	3
5	1. Microteaching	Practicum	AW	6
	2. Teaching studies – student/teacher communication	Teaching	MC	3
	3. The business of Yoga – setting up classes the basics	Teaching	MC	2
	4. Paths and schools of Yoga	Philosophy	MC	3
	5. Forward bends I	Practice	AW	3
	6. A&P - Respiration and the mechanics of breathing	AP	MC	2
	7. Adjusting students II	Teaching	FP	2
	<b>WRITTEN ASSIGNMENT 2 (1000-2000 words)</b> <b>“Describe what (reasonable) adjustments you would make in a general Yoga class for 1. the elderly 2. pregnant ladies and 3. students with mobility problems”</b>	Teaching	ALL TEACHERS TO MARK WRITTEN ANSWERS	6
6	1. Lesson planning and schemes of work	Teaching	MC	3
	2. General precautions and contraindications – safety in Yoga	Teaching	FP	1
	3. PYS – Yama and Niyama	Philosophy	AW	3
	4. Adjusting students III	Teaching	MC	2
	5. The subtle anatomy of tantra and hatha Yoga	Philosophy	MC	3
	6. Forward bends II	Practice	FP	3
	7. A&P – cardiovascular system	AP	AW	2
	<b>START OF FIRST CLASS ASSESSMENT PERIOD</b>	Practicum	ALL TEACHERS	2 hours per student
7	1. Twists I	Practice	AW	3
	2. The legal aspects of teaching	Teaching	MC	1
	3. Simple pranayamas – samana, ujjayi and	Practice	FP	3

	nadi shodana 4. A&P – digestion 5. Relaxation methods II 6. A&P student presentation	AP Practice Practicum	AW FP FP	2 2 2
8	1. Marketing and building a business 2. Bandhas 3. Twists II 4. Standing twists and balances 5. Recuperative Yoga 6. A&P – the nervous system	Teaching Practice Practice Practice Practice AP	MC FP FP MC AW MC	2 2 2 2 3 2
9	1. Yoga for special population groups – the elderly, pregnancy and the physically disabled 2. Inversions I 3. PYS – the outer path – asana, pranayama and pratyahara 4. Meditation I 5. A&P – the skin and sense organs  <b>WRITTEN ASSIGNMENT 3 (1000-2000 words)</b> <b>“Describe the subtle energy body of the Yogis, especially the nadis, chakras and prana. Do these beliefs have any bearing on the everyday practice of Yoga?”</b>	Practice  Practice Philosophy  Practice AP  Philosophy	FP  AW MC  FP MC  ALL TEACHERS TO MARK WRITTEN ANSWERS	3  2 3  2 2  6
10	1. Microteaching 2. Pratyahara 3. Kriyas I 4. A&P – the immune system 5. Inversions II 6. PYS – the inner path – dharana, dhyana and samadi	Practicum Practice Practice AP Practice Practice Philosophy	MC FP FP MC FP FP MC	6 2 2 2 2 2 3
11	1. Use of equipment – blocks 2. Kriyas II 3. Pranayama – viloma, Chandra bhedana	Practice Practice Practice	AC FP AW	2 2 2

	<p>and Surya bhedana</p> <p>4. Meditation II</p> <p>5. Arm balances and strength poses</p> <p>6. A&amp;P - endocrine system</p>	<p>Practice</p> <p>Practice</p> <p>AP</p>	<p>MC</p> <p>MC</p> <p>FP</p>	<p>2</p> <p>2</p> <p>2</p>
12	<p>1. Doshas and ayurveda</p> <p>2. Surya namaskars and dynamic sequencing I</p> <p>3. Vedas and Upanishads</p> <p>4. A&amp;P – student presentation</p> <p>5. A&amp;P – the reproductive system</p> <p><b>START OF SECOND CLASS ASSESSMENT PERIOD</b></p>	<p>Philosophy</p> <p>Practice</p> <p>Philosophy</p> <p>Practicum</p> <p>AP</p> <p>Practicum</p>	<p>AW</p> <p>FP</p> <p>MC</p> <p>AW</p> <p>AW</p> <p>ALL TEACHERS</p>	<p>3</p> <p>2</p> <p>3</p> <p>3</p> <p>1</p> <p>2 hours per student</p>
13	<p>1. Microteaching</p> <p>2. Backbends I</p> <p>3. Use of equipment – belts</p> <p>4. Therapeutic Yoga</p> <p>5. A&amp;P – water balance and the excretory system</p> <p>6. The Bhagavad Gita</p> <p>7. Surya namaskars and dynamic sequences II</p> <p><b>WRITTEN ASSIGNMENT 4 (1000-2000 words)</b>  <b>“Plan a 10 week general/beginners Yoga course with all necessary course plans, schemes of work and lesson plans. The classes should be between 1 ½ and 2 hours long”</b></p>	<p>Practicum</p> <p>Practice</p> <p>Practice</p> <p>Practice</p> <p>AP</p> <p>Philosophy</p> <p>Practice</p> <p>Teaching</p>	<p>FP</p> <p>AW</p> <p>MC</p> <p>AW</p> <p>MC</p> <p>MC</p> <p>FP</p> <p>ALL TEACHERS TO MARK WRITTEN ANSWERS</p>	<p>6</p> <p>2</p> <p>2</p> <p>3</p> <p>2</p> <p>3</p> <p>2</p> <p>3</p>
14	<p>1. Backbends II</p> <p>2. Pranayama – sitali and anuloma</p> <p>3. Ethical living</p> <p>4. Use of equipment – wall, chairs and mats</p>	<p>Practice</p> <p>Practice</p> <p>Philosophy</p> <p>Practice</p>	<p>FP</p> <p>FP</p> <p>MJC</p> <p>ACW</p>	<p>2</p> <p>2</p> <p>3</p> <p>2</p>

	5. Course recap	All categories	MC/FP/AW	3
15	1. First aid day	Practice	External trainer (St John Ambulance)	6
	2. Exam and practical assessment	Practicum	MC/FP/AW	6 – 8
	3. Awards/celebration			

Practice/Techniques = 98 hours

Philosophy = 39 hours

Teaching Methodology = 36 hours

Anatomy & Physiology = 22 hours

Practicum = 35 hours